



NEW



GENERATION

**MAYNARD COUNCIL ON AGING
& SENIOR CENTER**

50 BROWN ST., MAYNARD, MA 01754
978-897-1009

JULY/AUGUST 2022



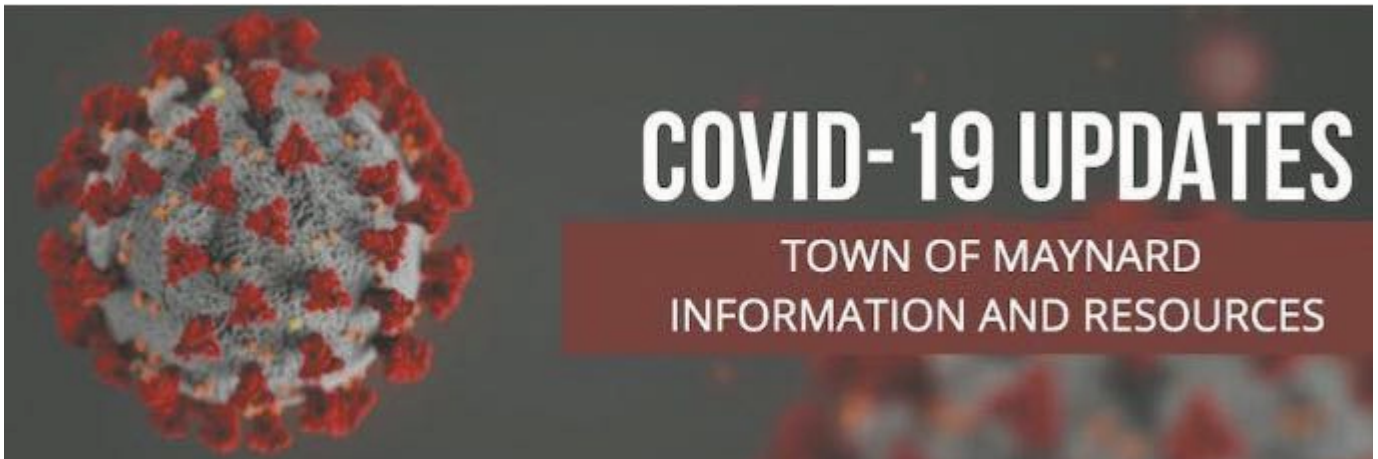
Town Administrator's Message

Blessed again with great weather, the town's voters executed their civic duty at the Annual Town Meeting held at the Fowler School parking lot on Saturday, June 11, 2022. I am very grateful for all town officials, volunteers (Boy Scouts!), boards and committee members, Town Moderator Dick Downey, and especially you the voters, for your participation and thoughtful deliberation to make that critical aspect of your local government so successful.

Maynard is unique in so many ways, especially by having a proper downtown, unlike our abutting town neighbors. A number of groups, particularly volunteers, help make Maynard a special place for visitors to downtown, and I love to see their efforts in full bloom (literally) this time of year. Perhaps most remarkable nowadays is the work of the Maynard Community Gardeners and Maynard Tree Corps who diligently maintain the flowers and trees along the streets and corners. These efforts are supported by the town's Department of Public Works, as well as individual businesses and other town committees, which shows the truth that "it takes a village". I hope you can take a moment to pause and note the volunteers' attention to details downtown and shout a "thank you" if you see them working as you pass by.

Town offices will be closed on Monday, July 4, 2022, in observance of Independence Day.

For information on the town's COVID-19 status, please visit the town website and click the below image. This page highlights Town Hall updates, daily updates of positive COVID-10 cases in Maynard, Massachusetts response, resources for businesses, and health and safety practices. You can also find a link to subscribe to the town's newsletter.



Remember that I would include pictures of unique aspects of Maynard from time to time? Do you know where to find this month's?

**Sincerely,
Greg Johnson**

Town Administrator
gjohnson@townofmaynard.net



Summer is in the Air

I'm writing this on Summer Solstice, the longest day of the year. Like many of you, I'm enjoying my extra time outdoors in the evening whether by lengthening a walk, having dinner on the back porch or extending day trips. On page five I've added information about the **Discover Maynard website** which will keep you up-to-date on evening events such as the Maynard Community Band Concerts, live music at the Sanctuary and more.

Last month **Assabet Valley Regional Technical High School's sophomore class** visited the Council on Aging and shared their savvy technical skills. Seniors benefited from instruction on how to set up a new smartphone, connecting to the internet, managing emails along with other complex issues. Thank you to Richard Montville, the Computer Programming & Web Development Teacher, for facilitating this wonderful opportunity. We're looking forward to our next workshop in October.

This month we're excited to be able to offer trips to **Walmart and Savers**. As this is a **combined July/August newsletter**, we'll be sure to let you know what trips are available in August. The **Maynard COA Ice Cream Truck** will be making its rounds – please sign up if you would like a delicious treat. The cover feature photos from last month's **Mystery Tour to Johnson's Dairy Bar** – who knows where Mark will surprise us with this month. A special shout out to Dick and Shelley Greenaway for facilitating our weekly Bingo – without Dick's masterful calling we'd certainly be at a loss!

Please note on page five an opportunity to bring **Pickleball** to Maynard. It's a terrific idea from resident David Schwind and it needs the support of the community to move forward. Send an email to DPW@townofmaynard.net with your contact information. The **Friends of Maynard Seniors** is the beneficiary of the Stop and Shop community bag program in July. Don't miss out!

Enjoy the summer!

Amy Loveless

Director

Maynard Council on Aging & Senior Center



Publication of the Council on Aging Newsletter is Supported by the Executive Office of Elder Affairs



6 Bridges Gallery

FINE ART AND CRAFT

Express Your Love Through Fine Craft

Our selection of fine craft by local artisans offers something for everyone:

- ☐ Special occasions
- ☐ Jewelry
- ☐ Ceramics
- ☐ Greeting cards
- ☐ Fine art & photography
- ☐ Fine woodcraft
- ☐ Home / office decor
- ☐ Handcrafted soap
- ☐ Sculpture
- ☐ Decorative and wearable fiber arts

Gallery Hours*

Wed. – Sat., 12 – 5:00 pm
77 Main Street, Maynard

Personal Shopping*

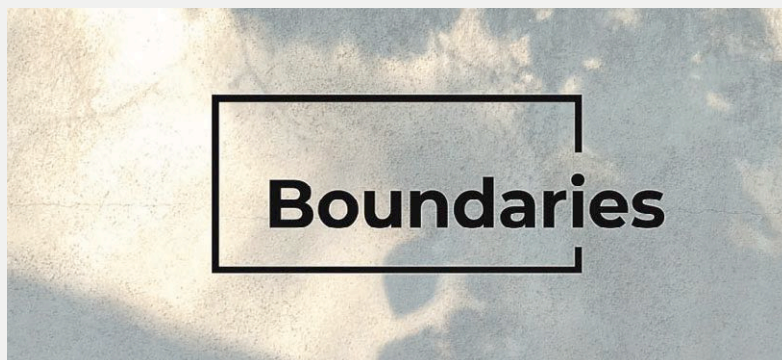
Tuesdays via FaceTime,
Zoom or in-person. Email
6bridgesgallery@gmail.com
to schedule an appointment.

Gift Certificates*

Give the joy of art and fine craft!
Gift certificates available
in-store and online. Choose
in-store pickup or delivery
via email or USPS. 6bridges.
gallery/shop/

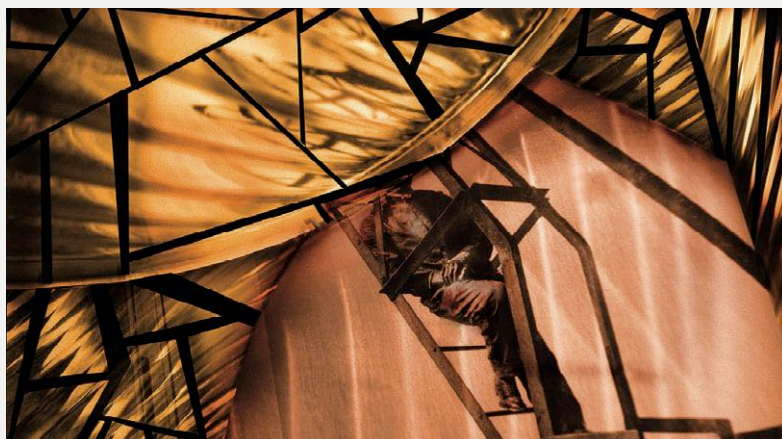
* We'll be closed August 14–23
for our annual spruce-up.

*All purchases support local
artists and your local economy.*



Our 6th Annual Juried Exhibit featuring 37 Artists from New England

June 22 – August 13, 2022 | Reception June 25, 4:00 – 6:00 pm
6bridges.gallery/Boundaries



Geometry

Photographs by Erik Hansen

Is there anything we see that cannot be broken into geometric shapes?
They surround us all the time. Let me show you where!

August 24 – October 1, 2022 | Reception September 10, 5:00 – 8:00 pm
erikhansenphotography.com | 6bridges.gallery/Geometry



Friends of Maynard Seniors has been selected as the benefiting non-profit in the community bag program at Stop and Shop. For the month of July, Friends of Maynard Seniors will receive a \$1.00 donation from each purchase of the \$2.50 reusable community bag. These bags are great for groceries but also for summer activities – why not buy several?



DISCOVER MAYNARD

Get out and enjoy the best of Maynard this summer!

The Discover Maynard website (discovermaynard.com) is a wonderful resource for local events, dining and shopping. Don't miss out on the latest musical performances at the Sanctuary, Maynard Community Band Concerts and more!



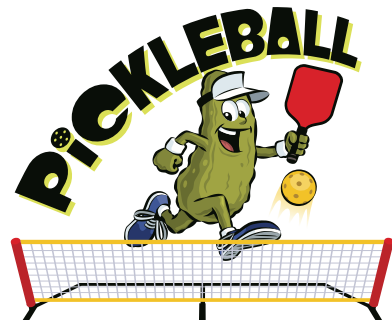
Maynard Farmers Market 2022 Season

The Maynard Farmers Market will be returning to the Mill Pond parking lot for the Summer 2022 season, and we are hoping to see you there.

The Market is open from 9 am to 1 pm each Saturday from June 25th through September 24th, with a wide selection of fresh produce, artisanal goods and snacks from vendors such as Applefield Farm, Balance Rock Farm, Brigham Farm, Hudson Hives, Cookie Lady Treats and many more.

Good food, friendly faces and fresh air. What's not to like? See you at the Market!

Join in on one of the fastest growing sports around!



Hello, this is David Schwind. I'm reaching out to gauge interest in introducing a new sport, called Pickleball, to the Maynard community. Surrounding towns are introducing this sport to their communities and I'd like to see if the Maynard community would be interested in having a few courts available to play on.

Pickleball utilizes a combination of components used in other sports. It's basically ping pong meets tennis on a badminton court. The game is played on a surface the size of a badminton court with a tennis-style net, and the balls are similar to those used in Wiffle ball. People of all ages and skill level play Pickleball. The rules are easy to understand, which means beginners can get up to speed quickly. Pickleball offers health benefits because it keeps players physically active. However, people play the game because it's fun! Competitors of all ages play it, and there is a social aspect to it that keeps people coming back for more.

If you are interested in how to help bring Pickleball to the Maynard community, please email DPW@townofmaynard.net with your name, phone number and email address, and we'll email you when we have enough interest for an information night.

Summer Concert: Tatiana Eva-Marie and the Avalon Jazz Band

21 AUGUST 2022

3:00 PM

MEMORIAL PARK, MAYNARD



MAYNARD
Public Library



With support from:
Friends of the MPL

MC MAYNARD
CULTURAL
COUNCIL



Maynard Public Library TINY ART SHOW



Open to all ages!
Decorate a 3"x3" canvas
Kits will be available Wed, July 13
Attend a decorating event on
Tues, July 19 or Sat, July 23
Return your work of tiny art by Sat, July 30

Artwork will be displayed in the library in August

Maynard Public Library 77 Nason St maynardpubliclibrary.org

Announcing...

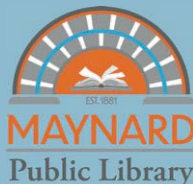


Summer



Saturday hours at the library!

10:00am-2:00pm
July 9-August 27



77 Nason Street
maynardpubliclibrary.org

C Culturally Curious



The Landscape as Canvas: Earth Art
Wednesday, July 13 at 7 PM
via Zoom

In the 1960s and 70s, artists like Robert Smithson, Nancy Holt, and Ana Mendieta began the revolutionary practice of making art using materials from the natural world. Learn more about the inspiration for the movement and get insight into the works of several leading artists, including Andy Goldsworthy.

Find out more and register at <https://www.maynardpubliclibrary.org/art-talks>
Co-sponsored by the Friends of the Maynard Library and the Randall Library Friends



About the presenter:

Jane Oneal curates and delivers art appreciation programs to audiences throughout New England. Jane holds Master's degrees in Art History from Boston University and in Education from Harvard University. Jane has also taught at the college level for more than a decade, most recently at Southern New Hampshire University.

Needle Felt a Beach Scene with Pop Up Art School



Join a Crafting
Party at the
library on
Saturday, July 9
@ 11

Paint a summer beach scene with wool. Needle felting on an embroidery hoop is surprisingly easy, relaxing and fun! We'll learn how together with a video from Pop Up Art School. All supplies will be provided except scissors.



MAYNARD
Public Library

Register at
[maynardpubliclibrary.org](http://maynardpubliclibrary.org/take-n-make)
/take-n-make

New Recipes, New Flavors for Summer!



Cookbook Club

Monday, July 25 @ 12, Library Patio
Monday, August 22 @ 12, Library Patio

Try new recipes from the cookbook of the month! Pick up a cookbook at the Circulation Desk, then prepare a recipe to share with other cooks.



Spice Club Discussion

Thursday, July 21 @ 7
Monday, August 25 @ 7

Each month, try recipes with a new spice! Pick up a kit with spice samples and a recipe booklet. Join the discussion or enjoy on your own.

Maynard Public Library 77 Nason Street

July/August Programs

GRAB AND GO LUNCHEONS

please note price is NOW \$8.00



Wednesday, July 13th

Lasagna, Meatballs, Garlic Bread, Salad, and Dessert

Please call the COA to reserve your meal by July 8th.

Wednesday, August 17th

Chicken Cordon Bleu, Baked Potato, Vegetable, Salad, Rolls and Dessert

Please call the COA to reserve your meal by August 12th.

Pick-up your meal at the Maynard Elks parking lot at 12 noon.

Cost \$8.00

COA Zoom Fitness Classes

Yoga & Stretch with Rebecca • Tuesdays at 9am

Maynard COA instructor Rebecca Reber will lead you through a series of yoga poses and stretches while you are seated on a chair. Safely build strength and stability and enjoy guided meditation to reduce stress and anxiety. This is Zoom class which allows you to see and interact with other Maynard seniors. Please call the COA at (978) 897-1009 or email Amy Loveless directly at aloveless@townofmaynard.net to sign up.

Zumba Gold • Wednesdays at 9:00am

Zumba Gold is a low impact, fun dance-fitness with international music including oldies you like. This class will be taught by Yachun Lin who is an AFAA certified group fitness instructor. We focus on building strength, cardiovascular health, balance, coordination, and flexibility. Please call the COA at (978) 897-1009 or email Amy Loveless directly at aloveless@townofmaynard.net to sign up.

Zumba Toning Mondays at 9:00am

This seated Zumba Gold Toning class taught by Yachun Lin is for everyone who wants to improve their endurance, strength and joint mobility by using a pair of light weights while sitting on a chair.

Weights. Please prepare two 1 lb. dumbbells or two 16.9oz bottled water. (It's okay if you don't want to use weights though).

This is a 45-minute class. Please contact the COA if you have any questions or would like to sign up.

SHOPPING TRIPS

WALMART

Friday, July 8th and Thursday, July 14th

Pick-ups start at 10:30 a.m.

Cost: \$2.00

SAVERS

Tuesday, July 19th

Tuesday is Senior Discount Day at Savers!

30% off!

You can also shop at Ocean State Job Lot and Marshalls.

Pick-ups start at 9:30 a.m.

Cost: \$2.00

Maynard Council On Aging Ice Cream Truck



The Maynard COA Ice Cream Truck is back again this summer bringing frozen goodies to our fabulous seniors! Give us a call if you are interested in getting on our list. You will be notified when we are in your area. We deliver ice cream and smiles....and we look forward to seeing you! Please sign up so we can stop by, say "Hi" and bring you a treat!

MOVIES

FRIDAYS at 11 a.m.

Join us at the COA for a movie and some fun. Our new format will be "viewers' choice." Pat will have several movies available, and the group can choose what they would like to watch that day. Come escape the heat, enjoy coffee, snacks, ice cream, and laughs with your friends.

Please call ahead to reserve your seat.

Classic Comedy Programs

THURSDAYS at 12:30 p.m.

Do you love to laugh? We do! That is why we are showing Classic Comedy shows here at the COA on Thursday afternoons. From *I Love Lucy* to *Dick van Dyke* to *The Honeymooners*, we know you will have some fun laughing with your friends, enjoying snacks and ice cream, and whiling away the hot summer afternoons. Please call ahead to reserve your seat.

Maynard Council on Aging—Policies and Procedures

Effective April 1, 2022, face-coverings (masks) are optional in Town Offices, which includes the Council on Aging. The Maynard Board of Health guidance advises that fully vaccinated individuals should wear a mask or face covering when indoors for certain reasons. See page 10 of this newsletter.

Hybrid Option for Fitness Classes

If you are interested in participating in our fitness classes, we are able to stream (show them on the COA's TV) them at the COA. Please contact Amy to sign up.

July & August Classes and Activities

The COA will be closed on Monday, July 4th in observance of Independence Day.

Monday

Zumba Toning (ZOOM)	9:00
Knitting & Crocheting	9:00
Drop-In*	9:00
Bingo (note time change)	10:30-12:30

Tuesday

Yoga & Stretch (ZOOM)	9:00
Do-It-Yourself (DIY) Crafts	9:00
Drop-In*	9:00
Drop-In*	1:00

Wednesday

Zumba Gold (ZOOM)	9:00
Drop-In*	9:00
Grab-n-Go's – July 13 & August 17	12:00 @ the Elks
Drop-In*	1:00

Thursday

Nature/Travel Series	9:00
Drop-In*	9:00
Classic Comedy	12:30
Drop-In*	1:00

Friday

Drop-In*	9:00
Movies (note time change)	11:00
Drop-In*	1:00

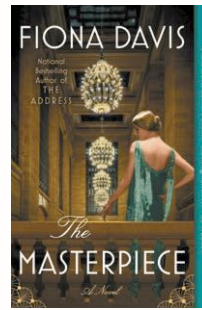
Maynard COA Book Group

Friday, July 29

11:00 am

via Zoom

Call the COA for the Zoom link



Join us for a discussion of *The Masterpiece* by Fiona Davis, which takes readers into the glamorous lost art school within Grand Central Terminal, where two very different women, fifty years apart, strive to make their mark on a world set against them.

"A touch of glamour and a dose of captivating history fill Fiona Davis' latest novel." — *Southern Living*

All seniors are welcome! No meeting in August.

Fall Preview



Maynard Council on Aging • 50 Brown St • 978-897-1009

Do-It-Yourself (DIY) Craft Kits

Beeswax Candles • Felted Succulents • Mosaic Art
Bracelets • Stained Glass Window Clings • Flower Frames
And more!

*Drop-In Options:

Adult Coloring • Board Games • Cards
Puzzles • Knitting • Crafts

Bring your own device or use a COA tablet (Chromebooks or iPad) to catch up on the latest news, check your emails, play a game or search for a project.

The COA has a tablet lending program – please speak to Amy if you are interested.

MARK'S MAGICAL MYSTERY TOURS ARE BACK!!

Wednesday, July 6 & Friday, July 22

Please join us for one of Mark's famous mystery tours! Hop on the COA van, enjoy some conversation and laughs with friends, and view some special scenery along the way. Please bring your own money for lunch. Trip cost is \$2.00. Pick-up time begins at 10:30 a.m.



Effective April 1, please contact the Council on Aging to make a reservation!

Maynard Council on Aging Van Service

To make a reservation call the Maynard Council on Aging at (978) 897-1009

The Council on Aging van operates five days a week from 7:00 a.m. to 3:00 p.m., providing transportation to essential services such as health care providers, dentists, pharmacies, banks, hair salons and grocery stores. Residents over the age of 60 and individuals with disabilities of any age may use the van. If a rider is handicapped in any way, please let the Council on Aging know so that accommodations can be made. **Riders must continue to use hand sanitizer and wear a mask at all times when on the van.**

Reservations MUST be made 48 hours in advance. If you need to CANCEL your reservation it should be done at least 24 hours in advance.

No reservation is complete until it is verbally confirmed with Pat or Amy. Leaving a message requesting a ride does not confirm your reservation.

Riders should be ready an hour in advance of their appointment time to accommodate multiple passenger pickups. The van will wait no longer than 5 minutes for a passenger to emerge. On very busy days the van can get behind schedule whether due to traffic, a delay in a rider being ready for pickup, and other factors not under the driver's control. Delays most often occur with multiple medical appointments in the same time frame for pickup and drop off. If a rider is requesting more than one destination per ride, it must be communicated at the time the reservation is made. The COA van driver will not make any stops that are not on the schedule.

The Council on Aging expects riders to treat the van drivers, COA staff, and other passengers with respect. No rude or intimidating language will be tolerated. Riders are not to engage in conduct which delays or disrupts the transportation service. As well, if the van driver feels there are risk factors (poor mobility, impaired judgement, intoxication) in attempting to transport a rider, the driver may decide not to transport the rider. In some cases, 911 may be called.

The Maynard Council on Aging provides information and referral for supportive services including:

- **Home Care**
- **Health Insurance Counseling (SHINE)**
- **Fuel Assistance**
- **Food Resources**
- **Housing**
- **Legal Issues**
- **Public Assistance Programs**
- **Transportation**

The Council on Aging accepts and lends durable medical equipment. The Council on Aging collaborates with other Town of Maynard departments as well as community organizations in addressing seniors' needs and concerns.

The Council on Aging has resumed its \$2.00 donation per ride.

Please contact the Council on Aging at (978) 897-1009 for questions.

Advisory Regarding Face Coverings

Consistent with Massachusetts Department of Public Health and CDC recommendations, The Board of Health for the Town of Maynard urges all eligible residents to get vaccinated and stay up to date on COVID vaccinations, including when eligible for booster doses. Vaccination remains the most effective protection against serious illness, hospitalization, and death.

The Board of Health advises that a fully vaccinated person should wear a mask or face covering when indoors (and not in your own home) if you have a weakened immune system, or if you are at increased risk for severe disease because of your age or an underlying medical condition, or if someone in your household has a weakened immune system, is at increased risk for severe disease or is unvaccinated.

As a reminder, there are multiple conditions that may put someone at higher risk for severe disease; information on those conditions can be found on the Centers for Disease Control and Prevention's website. Your primary care physician can advise you on whether you are at increased risk.

For individuals who are not fully vaccinated, it is important that you continue to wear a face covering or mask to help prevent you from spreading COVID-19 to other people.

Individuals who are considered close contacts or who have tested positive must follow the isolation and quarantine guidance, which includes wearing a mask in public for 5 more days after they leave isolation or quarantine on day 5, regardless of vaccination status.

This advisory may change based on public health data and further guidance from the CDC.

Information concerning mask use may be found at Massachusetts Department of Public Health and CDC.



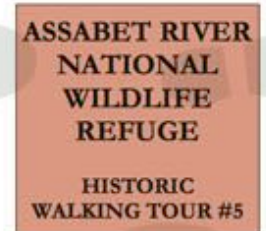
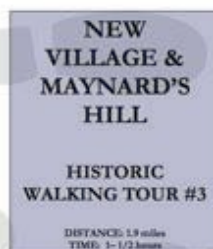
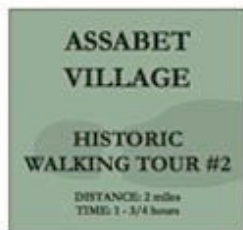
Happy Summer! We are the Friends of Maynard Seniors and I thought we should get re-acquainted. Our whole reason for being is to support the Council on Aging and Senior Center in the great work that they do by helping to fund initiatives and programs that are outside the budget. In the past we have funded the purchase of the My Senior Center computer system, paid for popular craft classes and brought in informative speakers. Our Board of Directors has been working for the past few months to actively plan how to navigate the changes that we have all been through recently.

For the Friends Board of Directors that has meant some longtime members decided to step down and some new faces volunteered to step up. We want to thank Jan Rosenberg and Loretta West for the time they gave to the Friends Board. Jan and Loretta are both very active in so many organizations in town and we are very appreciative of the time they gave to us! And deserving of a call out on her own, Peg Brown decided that it was time to spend her main focus on new initiatives. Peg is a founding member of the Friends and her energy and drive were behind every step of building the organization. Huge thanks to Jan, Loretta and Peg!

And now to welcome our newest Board Members. Paula Copley, Teresa Shaw and Liz Drury. Paula has served multiple terms on the Council on Aging board and is involved in many organizations here in town. Teresa has been a very active supporter and user of the Senior Center and is very active in her community at Summer Hill Glen. And Liz is a lifelong Maynard resident and recent retiree from the corporate world. They each bring unique strengths and perspectives to our group. They join Joanie Bernhardt, Linda Cetrone, Trish Kwartler, Helen Micciche, Deb Roussell and myself, Mary Ann Bassett, on the Board of Directors of the Friends of Maynard Seniors. We are excited to welcome our new members and look forward to planning for new ways to support the Council on Aging and the Senior Center!

Mary Ann Bassett

President, Friends of Maynard Seniors

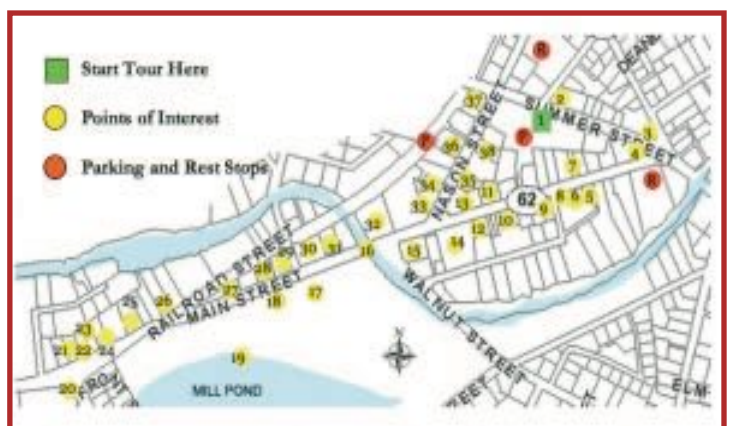


Produced by the Maynard Historical Commission and made available through a generous grant from the Maynard Cultural Council, five walking tours of Maynard were announced by the commission at the Maynard Historical Society meeting on March 26, 2012. The 6th and final tour was added in the Spring of 2015.

Created by Historical Commission member Peg Brown these tours provide a great way to get outside while learning about the history of our town.

<https://www.townofmaynard-ma.gov/resources/walkmaynard>

Printed brochures are available at Town Hall, the Maynard Public Library, and the Senior Center



Greetings from the Maynard Fire Department!

All of us in the fire department are waiting and watching as the new fire station is built on Sudbury Street. This summer should see the finishing touches put in place and the transition from Summer Street to Sudbury Street. We look forward to inviting you and the entire community to tour the building this Fall.



This transition is an opportunity to discuss the best ways to access help in an emergency. Despite the national 9-1-1 system and the posted public number for police and fire emergencies, we still have people call the business line at the station or even drive to the door and ring the door bell. The reality is that our current staffing level means there isn't always someone in the fire station to answer those calls or the door. When we transition to Sudbury Street this will remain the same, but we want to get the word out now. We don't want someone to drive to the Summer Street location only to realize we have moved! This would lead to an unnecessary delay in their time of need.

The most common concern is that people are shy or too embarrassed to ask for help. Well, it is our job to help you with emergencies, call and be safe, and don't be sorry. The best way to reach us is the use of 9-1-1. This is monitored 24/7 by our excellent public safety dispatchers and they can always reach the resources needed whether we are in the fire station or on the road. The state 9-1-1 system even has redundancy built in so if the call isn't answered quickly it transfers to another answering point. Remember the best hope for a good outcome in an emergency is early access to the services and calling 9-1-1 directly accomplishes that in Maynard.

We hope you have a great summer. Happy Fourth of July. Enjoy the warm weather and days of leisure in our community. We look forward to seeing you in the Fall. If you want some additional safety lessons, check out our YouTube "This Old Fire House" videos. https://youtube.com/playlist?list=PLZSB OUCtYqmW6U4P_6ABlH0iHuurqDVBY

Stay safe and enjoy the summer!

Captain Mike Parr
mparr@townofmaynard.net
978-897-1015



Request a Free Home Safety Visit Today!

The Fire Department is offering free home safety visits now to evaluate your protective devices & possible hazards in the home.

E-mail Captain Michael Parr at mparr@townofmaynard.net to schedule your visit or call 978-897-1014. Virtual visits available.

Learn About:

Smoke Alarms	Trip Hazards
CO Alarms	Medication Storage
Home Escape Plans	Fire Extinguishers
Cooking Safety	CPR
Electrical hazards	Child Fire Safety
9-1-1	Your Questions

Made possible by a grant

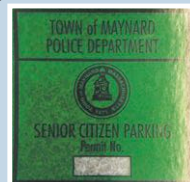


Greetings from the Maynard Police Department!

Senior Citizens Parking Permit

The Maynard Police Department has introduced a new senior parking permit. The redesigned permits are intended to be bolder and more easily identified by our Parking Enforcement Official. Additionally, we have issued instructions for the new placement location of the permit. We ask for your assistance in having your parking permits replaced so that we can avoid any future difficulties in locating them.

You may come to the Maynard Police Department at any time, and a Public Safety Dispatcher can issue you a new permit. Please bring your vehicle registration so that we can record those details. Thank you for your cooperation as we revamp this program available to our senior citizens.



OLD



NEW

Senior Citizen Emergency Program

The Town of Maynard Public Safety Communications Department (Police and Fire Dispatch) has initiated a program to assist seniors living in the Town of Maynard. Having seniors in our community that do not have family or friends checking up on them regularly has led the public safety department to develop a "Senior Citizen Emergency Database Program".

This program allows Public Safety Communications to document in a computer database the names of senior citizens, where they reside, and important contact information. In addition, information concerning current medications and potential special needs during an unusual inclement weather event or natural disaster will be on file.

The Benefits

Many times, the police and fire departments are called to check on a senior citizen's welfare and there is no answer at the door. The Town of Maynard Police and Fire Departments are committed to making contact with the resident and at times officers and fire fighters have to force entry into the residence. By filling out the "Senior Citizen Emergency Database Program" contact form with emergency contact name and telephone numbers, we can first contact someone to see if they know of a reason the senior citizen may not be answering the door.

Emergency contact information is also vital in the event a senior citizen is ill or has fallen and has to be taken to a hospital. The designated contact person(s) can be notified and answer important medical information.

How Do I Sign Up?

Senior citizens or their relatives and friends are encouraged to fill out the contact form. Contact forms may be obtained at the Police and Fire department headquarters.

If you or someone you know is a candidate for this program, you may also contact Sarah Finnerty at 978-897-1011 or by e-mail at sfinnerty@townofmaynard.net to obtain the form or to inquire further about this program. Participation in this program is completely voluntary. Forms are to be completed and returned to:

Maynard Police Department
 Attention: Sarah Finnerty
 197 Main St.
 Maynard, MA 01754



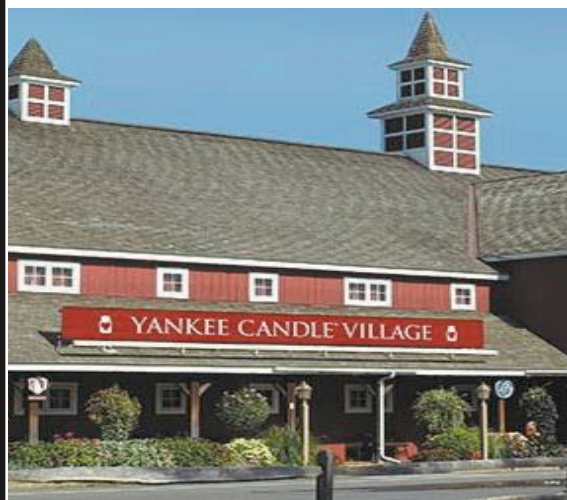
The Maynard COA Presents! ***A Salem Cross Christmas***

December 6, 2022

*Featuring Christmas Music &
Outstanding Cuisine at Salem Cross Inn
& The Brilliant Bright Nights Lights*



10:00 AM Depart from the Maynard Elks, 34 Powder Mill Road and travel to West Brookfield, Massachusetts, where you'll visit ***The Honey Bee Orchards Gift Shop***, where you can purchase pure ***unadulterated honey, along with homemade preserves and jellies***. Now you'll visit the well renown and historic ***Salem Cross Inn for a delicious four course luncheon, featuring Soup du Jour, a Garden Salad, Salem Cross' famous Chicken Pie or Grilled Salmon and a Scrumptious Dessert***. As you enjoy the holiday ambiance of the beautifully decorated Salem Cross Inn, you'll listen to the sounds of Christmas music. ***You will also enjoy a visit to the Yankee Candle Shop's elaborate Bavarian Christmas Village display in Deerfield. The time has come to head for the Bright Nights, New England's most distinctive display, where you'll wonder at the artistry of the lights***. You'll arrive back home at approximately 7:00 PM after a delightful day enjoying the seasonal Christmas Spirit at Salem Cross & Bright Nights.



Tour Date: December 6, 2022 (Tuesday)

Tour Cost: \$99.00 Per Person

<<>> Tour Includes <<>>

Honey Bee Orchards Visit

Delicious Four Course Salem Cross Luncheon

<Select Entrée: __ Chicken Pie __ Salmon>

Yankee Candle Shop In Deerfield

Bright Nights at Forest Park

Luxury Silver Fox Motor Coach

Tour Contact: The Maynard COA @ 978.897.1009

Merry Christmas To All!!!

Join our welcoming, supportive group for family and friends caring for loved ones!

Share experiences, challenges, and advice with others caring for older adults in this confidential and supportive virtual setting.



Virtual Caregiver Support Group

Details:

- Meets the second Tuesday of every month from 2:00-3:00PM
- No cost, group size limited

To register or with questions, contact us at (781) 221-7079 or K.Sullivan@MinutemanSenior.org

Minuteman
SENIOR SERVICES



www.MinutemanSenior.org

Caregivers from all communities welcome

Minuteman Senior Services – Know Us Before You Need Us!

As a non-profit agency serving 16 communities, we are passionate about our mission to empower and advocate for those impacted by aging and disability. We offer information and supportive services that enhance health, well-being and independence. We provide up-to-date resource information and referrals to community services, care management and in-home care, Meals on Wheels and congregate dining, elder protective services, assistance with budgeting and bill-paying, Medicare benefits counseling, caregiver support and much more. Many of our services are free of charge, others are available on a sliding fee or private pay basis. We want you to know us before you need us and when you need some help, just contact us at 888-222-6171 or elderinfo@minutemansenior.org Additional info on www.minutemansenior.org

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Virtual Caregiver Support Group



Caring for an older loved one? Feeling stressed? Overwhelmed? Looking for a place to vent and share ideas with others in a similar situation?

Join us for a virtual, monthly caregiver support group

Date: First Tuesday of every month
Time: 5:30 pm – 6:30 pm
Location: Virtually on Zoom

To sign-up or for more information call Sharon Gunda, LCSW at 781-698-4851 or Email sgunda@lexingtonma.gov



Town of
Lexington
Massachusetts



Minuteman
SENIOR SERVICES

This project is supported by a grant from the Dana Home Foundation

Attention: Medicare-Eligible Adults with Type 2 Diabetes and/or Non-Dialysis Chronic Kidney Disease

Did you know that Minuteman Senior Services offers a Medical Nutrition Therapy (MNT) program? With our MNT program, you will work one-on-one with a Registered Dietitian over the course of 3 months to navigate your diet and lifestyle. The Dietitian will look at your medications, current diet, and blood work values to make the best nutrition plan to fit your needs!

If you have Type 2 Diabetes or Chronic Kidney Disease, are not on dialysis, and have Medicare Part B Fee For Service, you are eligible!

Call Registered Dietitian Catherine York at 781-221-7018 to sign up for our MNT program!



REP. KATE HOGAN'S SENIOR NEWS

JULY 2022

Memorial Day 2022

Following are remarks that State Representative Kate Hogan delivered on Memorial Day 2022 at Maynard's Memorial Day ceremony.

Every year, on Memorial Day, America pays homage to all those, in the armed forces, who fought and died to protect our freedom. These are our Heroes who didn't make it home.

On Memorial Day we also remember that these heroes and sheroes were fathers, husbands, mothers, wives, sons, daughters, brothers and sisters who answered a call to serve and defend their country. And we remember those Gold Star families whose sacrifice is almost too much to bear.

These heroes and their families show us the true meaning of character, integrity, and courage. These brave men and women embody the best of our people

since the fight for independence began. But, we must always remember, they were, each, cherished loved ones.

And our fallen heroes and their families remain our responsibility as an American Family. If we love our country, we must love and honor our heroes - and care for their families.

And, it is Memorial Day that highlights our responsibility to our nation in sending our young men and women off to fight and die, often far from home.

As American citizens, do we value character and integrity above all else; are we a people with the courage to reach across our differences to fix what is broken and build what is needed for a better tomorrow?

Let us take a moment to recognize that while there are issues that have created the illusion of division, the truth is, Americans share the common dream of living our lives in freedom and liberty - all made possible through the last measure of devotion of our fallen heroes in the armed forces.

They are the soul of our nation. And, yes, it is what they teach us about character, integrity, and courage that we are grateful for today. This is what we remember and will never forget.

God Bless our fallen heroes. God Bless Maynard and our Commonwealth. God Bless America that has given us such heroes as these.

Kate Hogan, State Representative

Proudly represents Bolton, Hudson, Maynard, and Stow

Contact Rep. Hogan:

State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow.

Phone: (617) 722-2600 Email: Kate.Hogan@MAhouse.gov

Facebook: facebook.com/RepKateHogan

Twitter: [@repkatehogan](https://twitter.com/repkatehogan)

District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: (978) 897-1333

Upcoming Office Hours: June 7, 6-7 pm at Hudson Public Library in the Tavares Room

